

ALASKA POST

Home of the Arctic Warriors

Vol. 3, No.28

Fort Wainwright, Alaska

July 13, 2012



Stryker Soldiers return home, get new leaders



Lt. Col. John McMurray, outgoing commander of the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division passes the battalion colors to Col. Brian Reed, commander of the 1-25th SBCT, during a change of command ceremony at Ladd Parade Field, Monday. McMurray relinquished command to Lt. Col. Michael Scarlett. Ceremonies continued throughout the week concluding the Arctic Wolves' battalion- and brigade-level changes of command continuing a reset phase following its yearlong deployment to Afghanistan. In the coming weeks, stories on the brigade and each of the battalions will be featured in the Alaska Post. See related story, Stryker Soldiers return, on page 5. (Photo by Sgt. Thomas Duval/1-25th SBCT PAO)

West Virginia woman signs on as first female Bradley mechanic

Katie Nelson, Army News Service

Cicely Verstein didn't plan on breaking any new ground when she enlisted in the Army. But the job she selected at the recruiting station has thrust her into the military spotlight.

At 21, Verstein will be the first female 91M Bradley Fighting Vehicle System maintainer, one of six positions that in the past were restricted to men but are for the first time hiring women.

Originally from Pennsylvania but now residing in West Virginia, Verstein has been wanting to join the Army for the last five years, but waited until she spent some time in college.

"I wanted to join when I was 16, but my family wasn't behind me," she said. "So I went to college. But I kept looking into [the Army] and found a job that I liked and started the process."

As a system maintainer, Verstein will be repairing engines and other parts, diagnosing system problems and generally making sure the Bradleys are in top shape. The mechanical work appeals to Verstein, who has fixed motors and other machines in the past.

"I've always been interested in working on cars," she said. "It seemed like an interesting job to me and I want to learn more about it."

The Bradley fighting vehicle entered service for the Army in 1981, about 31 years ago. Chief Warrant Officer 2 Corey Hoff of the Pennsylvania Army National Guard has worked on Bradleys for the last 18 years as a mechanic, including spending 18 months in Iraq.

As a system maintainer who has worked both overseas and on U.S.

soil, Hoff stressed the importance of the job in ensuring Soldiers' safety, especially when that responsibility falls on the shoulders of a new recruit.

"Just take pride in everything you do because the troops depend on it," he said. "You need to stay on top of everything; be aware at all times of what's going on with your vehicle."

Verstein is eager to begin training for her new position in spite of her unique standing as the first woman to hold the job. She said she views herself as a strong woman who is capable of pulling her weight in the field, and that she expects that her fellow Soldiers will treat her as such.

"Hopefully they'll know that I'm there to do my job and that's what I want to do, and they'll respect me just like they do each other," Verstein said.

Verstein noted that she did not choose to apply to be an Army system maintainer because she wanted to set a precedent; rather, she simply liked the work.

"I mean, I joined the Army because I found a job that I wanted to do," Verstein said. "I didn't do this for the publicity or anything like that."

The Army is now offering six new Military Occupational Specialty, or MOSs, to women. Among those are Multiple Launch Rocket System crewmember (13M), MLRS Operations fire detection specialist (13P), Field Artillery Firefinder radar operator (13R), M1 Abrams Tank System maintainer (91A), Bradley Fighting Vehicle System maintainer (91M) and artillery mechanic (91P).

Verstein begins basic training in November, and will continue on after that to advanced individual training at Fort Benning, Ga.

William Garbe contributed reporting.



Cicely Verstein is sworn into the Army at the Beckley Military Entrance Processing Station, Beckley, W. Va., by the station commander, Maj. Adam Clark, June 29, 2012. Verstein will be the first female 91M Bradley Fighting Vehicle System maintainer, one of six military occupational specialties that were restricted to men, but are now open to women. (U.S. Army photo)



The M2A2 Bradley Fighting Vehicle kicks up plumes of dust as it leaves for a mission in Iraq. (Photo by Staff Sgt. Shane A. Cuomo/U.S. Air Force)

WEEKEND WEATHER



Friday

Mostly cloudy
Highs near 70
Lows in the 50s
Light winds



Saturday

Mostly cloudy
Chance of rain
Highs: 60s-70s
Lows in the 50s



Sunday

Mostly cloudy
Highs in the mid-60s to lower 70s
Lows in the 50s



BRIEF

NFL cheerleader variety show

Soldiers, Families and civilians are welcome to attend the all-ages show Thursday at 6 p.m. on the lawn by Nugget Lanes Bowling Center, Building 3702 Santiago Street. Meet the seven visiting Seattle Seahawks Sea Gals after the show, hosted by Family and Morale, Welfare and Recreation. Details, page 7.

Medical Department Activity - Alaska

Change on the horizon – new healthcare insurer

Since 2003, TriWest Healthcare Alliance has acted as administrator for Tricare Management Activity, West Region, which includes Alaska. Tricare announced its intent to enter into a contract with UnitedHealth Military & Veterans in March, 2012, at which time TriWest appealed the decision through the Government Accountability Office. The GAO upheld Tricare’s award to UnitedHealth, denying Tri-

West’s protest, July 2. This means healthcare delivery for Medical Department Activity-Alaska beneficiaries is scheduled to begin with UnitedHealth, April 1, 2013. Until the transition is complete, there will be no direct effect for our beneficiaries. UnitedHealth is a new support contractor and this may result in some changes once the transition is complete, however Tricare’s top priority is to ensure a smooth transition under

the new contract. It is important to understand that your health insurance benefits do not change under the new contract and you may even see some enhancements offered. As in all Tricare contracts, benefits may be adjusted throughout the life of the contract period in accordance with legislative and policy guidance. Continuity of care for beneficiaries is Tricare’s highest priority. Currently, a large number of

providers in the Tricare network also have arrangements with UnitedHealth. Tricare will make continued efforts during the transition to ensure the UnitedHealth network offers you continuity of care. In some instances, you may have to change your primary care manager if you are enrolled under the Prime or Prime Remote options. During the transition Tricare will continue to address access to care for these beneficiaries.

Tricare and UnitedHealth are dedicated to making the transition smooth for beneficiaries. New contact and mailing information will be provided to you closer to the start of health care delivery. Tricare and MEDDAC-AK are committed to keeping you informed about this transition. Beneficiaries can continue to access customer service and get questions answered at (888) 874-9378 or at www.Tricare.mil.



Col. Dennis LeMaster
MEDDAC-AK commander

As always, the MEDDAC-AK team is here to assist you with all your healthcare needs. Call 361-4000 for an appointment or visit our website at www.alaska.amedd.army.mil.

Representing Army values, showing respect at the end of the day

Allen Shaw, Fort Wainwright PAO

When you work on the north side of post until 5 p.m. each day you have the privilege of participating in a time-honored tradition called Retreat. I often pack my bag and head toward my car knowing that I will be able to hear the bugle, feel the cannon concussion and watch the United States flag being lowered. I stand still with my right hand over my heart as a cadre of Soldiers grab onto old glory and meticulously fold her. I feel patriotic and proud to be an American – most of the time. Other times I am angered by the disrespect, thoughtlessness and disregard of people, in and out of uniform, who stroll around with their head in the clouds or just whiz by the parade field in their cars, oblivious to what’s going on. Fortunately there is an outlet for my rage and an opportunity to educate those who just don’t know better.

A letter to the editor we got a couple years ago still makes a solid point. Thank you (Capt.) Michael Deems, wherever you are. “The other day I was in one of the housing areas on post watching my kids play on the playground when the retreat ceremony started at (5 p.m.). As the bugle played, wearing my civilian clothes I turned towards where I knew the flag pole was, removed my hat and placed it over my heart. My children (3 years and 1 year) mimicked my actions as they had done many times before. During this time I also saw vehicles, older kids and even adults outside, continuing on with their daily lives as this very important ceremony was being conducted. So I wanted to take a moment to re-educate readers on what exactly “Retreat” is and what it means. “The bugle call sounded at retreat

was first used in the French Army and dates back to the crusades. When you hear it, you are listening to a beautiful melody that has come to symbolize the finest qualities of Soldiers for nearly 900 years. Retreat has always been at sunset and its purpose was to notify the sentries to start challenging until sunrise, and to tell the rank and file to go to their quarters and stay there. “The retreat ceremony consists of a bugler playing “Retreat”, the firing of a cannon and then the bugler playing “To the Colors” while the flag is lowered. It is the accompaniment for the Stars and Stripes as they are proudly lowered, removed, folded and placed under safe keeping of the charge of quarters until the following duty day when the flag will be returned to its place at the top of the pole as a marker of land that has been secured by our country. “First I would like to remind all Soldiers what United States Army Alaska policy says. USARAK Pamphlet 600-2, pg. 23, Paragraph 8 (Military Courtesy), d., 1 reminds us: “(1) when outside, in uniform, (not in formation) and you hear “Retreat,” you should face toward the Colors, if visible. If the Colors are not visible, face towards the U.S. Flag on the flagpole and assume the position of “Attention.” During retreat ceremonies all vehicles in the area will stop. Military occupants will dismount the vehicle and render the proper courtesy. When required, the senior Soldier should bring the formation to attention and salute. If you are in civilian attire and hear “To the Colors” or the National Anthem you are expected to place your right hand over heart and remove all headgear.” “Our Families and civilian friends on post may not necessarily fall under the same regulation as the uniformed Sol-



Soldiers from the 472nd Military Police Detachment, Fort Wainwright lower the United States flag and fire a canon daily at 5 p.m. to signify the end of the work day in this file photo. The Retreat ceremony is a historic military tradition. The United States Army Alaska policy requires all Soldiers pay due respect. Everyone else witnessing the event is encouraged to do the same. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

dier, as far as needing to do anything for this ceremony. I would, however, like to remind everyone on post, both civilian and military, how much this flag means to us all who have shed blood for it; the honor of those who gave their life for it and countless millions who have been liberated by it. We should not honor and respect the retreat ceremony and teach our Families and friends about it because we have to, but because of the powerful respect that our nation’s flag deserves for those 90-seconds every evening. “So, I charge us, the Fort Wainwright and Fairbanks Community, to pay respect where it is due. If you hear “Retreat” or “To the Colors”, do not be afraid to pull to the side of the road and

step out regardless of what others may be doing; don’t wait to educate your Families on doing the right thing at (5 p.m.) and politely remind those who may not be aware of the importance of their ceasing action for just a short while each day. “The bugle calls are very difficult to hear from the south side of the airfield, but I believe that success can be defined here as the whole post stopping actions each day at 1700 and remembering what our flag has seen, on many different ramparts and standards and what it means to the freedoms we have fought so hard to secure.” Now it is up to you. Demonstrate Army values and show some respect.

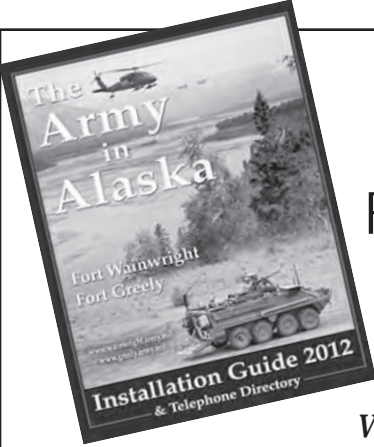
SCREAM FOR ICE CREAM



July is National Ice Cream Month.

Celebrate by chilling out and having a free scoop of vanilla or chocolate ice cream with the Last Frontier Community Activity Center July 18 from 5:30 to 7 p.m. Soldiers and Families are welcome. Choose from a variety of toppings. Since 1984, when President Ronald Reagan proclaimed that National Ice Cream Month be celebrated annually, every July has been a focus for greater attention to ice cream in the United States. About 9 percent of all the milk produced by U.S. dairy farmers is used to produce ice cream, contributing significantly to the economic well-being of the nation’s dairy industry.

Information is available on the International Farmers’ website, www.idfa.org.



The Fort Wainwright,
Fort Greely 2012 Installation
Guide now available online.

Visit Fort Wainwright website at:
www.wainwright.army.mil/sites/local/

ALASKA POST

Home of the Arctic Warriors

EDITORIAL STAFF

Fort Wainwright Garrison Commander
Col. Ronald M. Johnson

U.S. Army Garrison Fort Wainwright PAO
Linda Douglass

Command Information Chief
Connie Storch

Editor
Brian Schlumbohm

Staff writers
Trish Muntean
Allen Shaw

Contributors
Sgt. Thomas Duval, 1-25th SBCT PAO
Elizabeth Cook, Native Ilialson
Katie Nelson, Army News Service
Tech. Sgt. Michael Holzworth, Defense Media Activity
– Hawaii News Bureau
Gary Sheftick, Army News Service

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548 Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6701, or send emails to pao.fwa@us.army.mil

The ALASKA POST – Home of the Arctic Warriors

Fort Wainwright chaplains celebrate anniversary by serving Soldiers, Families



Dan Gilson, (left) United States Army Garrison, Fort Wainwright Anti-terrorism officer and grill-master for the garrison chaplains’ picnic at Glass Park July 6 shows the ingredients in a bottle of his homemade sauce to Col. Maria Summers, Medical Department Activity-Alaska, deputy commander for Nursing and Support, Bassett Army Community Hospital. The U.S. Army Chaplain Corps is celebrating 237 years of service to U.S. Soldiers and Family members. (Photo by Allen Shaw/Fort Wainwright PAO)

Allen Shaw,
Fort Wainwright PAO

All United States Army Soldiers raise their right hands and pledge selfless-service. Some Soldiers take it to a whole other level. The U.S. Army Chaplaincy is one of the oldest branches of the Army and they are celebrating 237 years of service this month.

More than 150 Soldiers, Family members and Department of Defense civilians gathered at Glass Park, July 6 for a patriotic and spiritual good-time barbeque with members of the U.S. Army Garrison Fort Wainwright Chaplain Corps.

One of the Soldiers attending was Col. Maria Summers, Medical Department Activity-Alaska, deputy commander for Nursing and Support Services at Bassett Army Community Hospital. “When I arrived at Bassett the first person I asked to meet was the chaplain,” she said. “In a hospital setting, caregivers take on the burdens of others daily and we go to the chaplain for support. Chaplain Moye invited me to the picnic because he knows my respect for chaplains. I have 20 years in the Army and they are most often the people I choose to go to when I need encouragement or an ear for listening. They are just so joyful.”

On April 19, 1775, Chaplain William Emerson, stood with the militia at the

Battles of Lexington and Concord, praying for and encouraging them in battle. On July 29, 1775, the Continental Congress authorized pay for one chaplain for each regiment of the Army. Since that time, it is said approximately 25,000 Army chaplains have served as religious and spiritual leaders for 25 million Soldiers and their Families.

According to a report from *www.army.mil* Army chaplains and chaplain assistants perform their ministries in the most religiously diverse organization in the world. They serve at military installations, with deployed combat units, at service schools and military hospitals.

Always present with their Soldiers in war and in peace, Army chaplains have served in more than 270 major wars and combat engagements. Some 400 Army chaplains have laid down their lives in battle. Six have been awarded the Medal of Honor. Their love of God, country and the American Soldier has been a beacon of light and a message of hope for all those who have served our nation.

Currently, over 2,700 chaplains are serving the total Army representing over 130 different religious organizations. More than 900 chaplains and chaplain assistants are mobilized or deployed in support of contingency operations throughout the world.

13397498
VIP CLEANERS
AK POST/STV
FREE AD
1 x 3.0

18398695
JUST HAIRCUTS
AK POST/AK
POST-COUP
1 x 4.0

11396687
SEOUL GATE RESTAU-
RANT
AK POST/AK POST
2 x 7.0

40399213
NATIONAL VISION ASSOC
FF AK POST/FREE 2ND
3 x 10.5

12399182
TANANA VALLEY FARMER’S
AK POST/BURST
3 x 2.25

World Eskimo-Indian Olympics demonstrate unique skills, strength and culture

Elizabeth A. Cook,
Native Liaison

London isn't the only place to see some impressive Olympic competition this summer.

Mark your calendars to attend the World Eskimo-Indian Olympics (WEIO), happening July 18 through 21 at the Carlson Center.

It is the 51st year for the annual event. Athletes young and old from around the state—and sometimes Canada or Greenland—convene to compete.

The events, feats of strength and endurance, are designed to showcase skills needed to survive in a hunting and gathering subsistence lifestyle. Physical strength and agility and mental toughness are traits needed for life in Alaska's severe environment, and today's Olympic games are a cultural connection to those everyday characteristics of Alaska's Native ancestors.

Fish-cutting—the record is 33.59 seconds for processing a salmon—and seal-skinning—record of 57 seconds—are some of the more unexpected events.

The men's and women's blanket toss events allow jumpers to show their acrobatic skills while attempt-

ing to gain air.

During the four-man carry, one man carries four men draped over his body to demonstrate strength and focus. The record distance is 187 feet. The record for the men's one-foot high kick remains 8 feet 10 inches. In this event, contestants jump and use one foot to kick a ball suspended high in the air and then stick a landing.

Alaska Native dance groups from around the state perform nightly. A Miss WEIO pageant occurs Wednesday and Thursday with coronation on Friday evening. Demonstrations of important, traditional Native skills that are not yet competition games are interspersed throughout the schedule. Also at the event, visitors can enjoy one of the largest Native craft shows in the state. The public is welcomed to this family-friendly event.

Admission to the games is free before 6 p.m. and a nominal fee is charged after that time. Before the event begins the WEIO store front, located at 529 6th Avenue downtown is open with information and memorabilia. For a schedule and descriptions of the events, visit www.weio.org.



Men's Blanket Toss has two schools of thought as to why this sport is being done. One is for the simple exhilaration it provides, and the other is for spotting game over the horizon. The judges look at balance, height, movements in the air - sometimes you can see jumpers dancing or running in place - and all-around form and grace when determining a winner. Sometimes, flips and somersaults are done to the delight of the pullers and spectators. (Photo courtesy Ronn Murray Photography)



Alaska High Kick competition is where an athlete sits on the floor below a target with one hand holding his opposite foot and with the remaining free hand on the floor, the athlete springs up and attempts to kick a target with the free foot. After kicking the target, the athlete must show balance upon landing to the original position before kicking. (Photo courtesy Ronn Murray Photography)

Soldiers join in Independence Day celebration



The 9th Army "Arctic Warrior" Band plays pre-ceremony music for the crowd at the Independence Day celebration at Pioneer Park July 4. (Photo by Linda Douglass/Fort Wainwright PAO)



Command Sgt. Maj. Harry "Wayne" Jeffries, U.S. Army Garrison Fort Wainwright command sergeant major, discusses our nation's beginnings at the annual Independence Day celebration at Pioneer Park July 4. (Photo by Linda Douglass/Fort Wainwright PAO)



Soldiers from 6th Squadron, 17th Cavalry Regiment, 16th Combat Aviation Brigade (Alaska), take aim during the salute to the states. The rifle team fired one shot for each of the 50 states at the Independence Day celebration at Pioneer Park July 4. Twenty-five of Fort Wainwright's Also joining the ceremony, 25 Soldiers and 25 Airmen from Eielson Air Force Base, forming the joint color guard with the nation's flags presented on the park's historic riverboat, the Nenana. (Photo by Linda Douglass/Fort Wainwright PAO)

Stryker Soldiers return to duty after well-earned break

Sgt. Thomas Duval,
1-25th SBCT PAO

Soldiers from the 1st Stryker Brigade Combat Team, 25th Infantry Division are returning to work after a month-long break which followed a year of hard fighting in southern Kandahar, Afghanistan.

The period of leave was given to the Soldiers to allow for rest and recuperation.

Many Soldiers like Sgt. Paul McMonigle used the time to visit friends and family.

McMonigle, the training room noncommissioned officer for Headquarters and Headquarters Company, Brigade Troops Battalion, said he returned home to Pennsylvania where he enjoyed the earth rattling vibrations of a NASCAR Sprint Cup Race at Pocono Raceway.

"I was happy to be home," McMonigle said. "I've deployed and redeployed so many times now that it just feels like a routine. I was just happy to make it home in one piece."

Others like Spc. Jeremiah Smith chose to enjoy a staycation, a blending of the words - stay and vacation. Smith stayed close to his Alaska home, enjoying everything the state has to offer.

"Alaska was awesome," said Smith, a cavalry scout assigned to the 5th Squadron, 1st Cavalry Regiment. "The sun never went down, but that just meant more time to relax and hang out."

In addition to relaxing, Smith a father of two, enjoyed the Alaska Zoo and spent some time in Anchorage.

"I had a blast ... found a great little place to eat dinner," he said. "One of the best calzones I have ever had."

Smith said he doesn't regret staying in Alaska for his leave and instead insisted more people should try spending their time off exploring the Last Frontier.

Regardless what the Soldiers chose to do on leave, they weren't the only ones enjoying the down time. It was also en-

joyed by their loved ones.

"The reunion was wonderful ... I always get the first hug, said Amy Zacherl, mother of Spc. Joseph Zacherl, an infantryman assigned to the 1st Battalion, 5th Infantry Regiment, 1-25th SBCT, as she described her son's homecoming.

"As a mom, you take him all in quickly to make sure he is okay and then you hug him and hold on for dear life. I usually cry and cause a bit of a scene at the airport," she said. "Feelings of relief, joy, and completeness come over you. Everything is right in the world again."

It won't take long for the Soldiers to return to mission readiness as they will only have a few days to get acclimated back into their demanding routines before beginning a busy schedule of command ceremonies, field problems and situational training exercises.

Visit the 1-25th SBCT Flickr page for photos related to this story.



Joe Zacherl, infantryman with the 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, poses with his parents, Amy and Scott Zacherl, at their church in Fryburg, Pa., during his post-deployment leave. (Courtesy photo by Amy Zacherl)

New youth sports and fitness complex opens in time for baseball finals



Jaleesa Nevarez, 6, makes her way to 1st base during her team's last game of Fort Wainwright's youth baseball season. Jaleesa is the daughter of Sgt. Jaime and Michelle Nevarez, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division. The games were held at the newly opened Child, Youth and School Services' youth sports and fitness complex at Engineer Park. (Brian Schlumbohm/Fort Wainwright PAO)

Brian Schlumbohm,
Fort Wainwright PAO

Child, Youth and School Services ended this year's youth baseball season with food, festivities and of course, baseball games at their new youth sports and fitness complex which is the newly renovated Engineer Park, located just off Gaffney Road and behind Building 1001.

Kurt Nusshe, Child, Youth and School Services Youth Sports and Fitness director said this was the first time they had a chance to play on the fields, and a grand opening seemed an appropriate way to end the baseball season. "We have this great new facility that's never been used," said Nusshe. "It's great we can open it up and show it off to the rest of the base."

Parents, Families and friends had the chance to watch all nine youth teams play across the three new fields.

As the games played out, CYS Services personnel hosted a cookout providing hot dogs, hamburgers and beverages for the Families and their baseball players.

With fair weather, clean

uniforms and new baseball fields to break in, parents got their last photos and videos of the season.

The teams were made of youth ranging in age from 5 to 14. The younger teams made up of 5 to 6 and 7 to 8-year-olds use a combination of coach-pitch, Tee stands and machine-pitch during the games and played against teams in the same age brackets. The "Astros" teams were older teams made up of 9 to 10 and 11 through 14-year-olds. These had a chance to play against their parents during the event.

"Our youth sports [program] is strictly a developmental league," Nusshe said. Youth baseball started in May and kids were introduced to basic concepts of the game of baseball. Throwing, catching

and batting made up the majority of the younger teams' practices.

"Making sure the kids are staying involved, learning and having fun of course," Nusshe said, was the main idea. All coaches are volunteers and made up of Soldiers, parents, older brothers and sisters, and anyone 18 or older who wanted to help out.

Michelle Nevarez, wife of Sgt. Jaime Nevarez, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and mother of two T-ball players, Janyia, 5 and Jaleesa, 6, said, "It's all about the fun at this age." This was Jaleesa's second year playing and Janyia's first. Starting at the beginning of the season they practiced bat-

ting with the ball on the tee and by the end they were swinging at pitches from the coach. Nevarez looks forward to the upcoming soccer season which starts next week, as were her children.

As the games came to an end, coaches made sure every team player received a participation trophy and team photo, which were made available through CYS Services as the Fort Wainwright's youth baseball season came to an end.

Engineer Park, the new youth sports and fitness complex, boasts a running track, football field, two soccer fields and three baseball fields ranging in size from 45, 60 and 90-feet to accommodate the different age leagues. The grounds also have two pavilions.



The Astros team prepares with a last minute pep talk before heading out onto the field to play against their parents on the last day of Fort Wainwright's youth baseball season. The Child, Youth and School Services' youth sports and fitness complex at Engineer Park was renovated to hold three new baseball fields, two soccer fields, a flag football field and a running track. (Brian Schlumbohm/Fort Wainwright PAO)



Who's on first, what's on second and I don't know's on third. Perhaps a few distractions exist in the field; but with volunteer Soldiers and Family members helping out, everyone seems to be enjoying the game. (Brian Schlumbohm/Fort Wainwright PAO)

Friday-13th

NAF SALE, 5 to 9 p.m. Building 3020; sale of excess inventory from Morale, Welfare and Recreation facilities for DoD cardholders. Children younger than 16 will not be permitted in the warehouse for their safety. Call 361-7258.

SWEDE LAKE ALL-TERRAIN VEHICLE TRIP, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$175 for three-day trip. Call 361-6349.

CALYPSO FARM STORY HOUR AND CRAFTS, 4 to 5 p.m., Post Library, Building 3700. Call 353-4137.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday-14th

NAF SALE, 9 a.m. to 2 p.m. Building 3020; sale of excess inventory from Morale, Welfare and Recreation facilities for DoD cardholders and the public. Children 15 and younger will not be permitted inside the warehouse due to safety concerns. Visitors without an installation pass or DoD ID will need to stop at the visitors center to sign in. Call 361-7258.

WOMEN IN THE WILDERNESS MOUNTAIN HIKE, 7 a.m. Outdoor Recreation Center, Building 4050. Cost is \$10. Call 361-6349.

LEAN, MEAN, COOKING TEENS, 10 a.m. to 2 p.m., Youth Center, Building 4109. Fruits of the Harvest. For teens 7 -12th grade, Call 353-7713.

I-RUN-AMUCK OBSTACLE-MUD RUN, 11 a.m., Birch Hill Ski Area, Building 1172. Call 353-7274.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

LADIES CHOICE SHOOT, 2 p.m., Fischer Skeet Range, Building 1172. Call 353-7869.

TEXAS HOLD’EM, 6 p.m., The Warrior Zone, Building 3205. Open to all DoD Cardholder 18 and over. Call 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday-15th

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

“Here to Cheer”
Cheerleaders to visit



Kendall Toyota of Fairbanks partnered with Family and MWR to make Thursday’s community event possible. Seven NFL Cheerleaders from the Seattle Seahawk Sea Gals will perform a family-friendly show at Fort Wainwright. The live show will feature music and dance followed by an autograph session,” said Michael Campbell, Family and MWR Commercial Sponsorship and Advertising Manager.

The show is set for Thursday, from 6 to 8 p.m. at the Nugget Lanes Bowling Center on post. The performance is full of high-energy, non-stop acts that appeal to all age groups, Campbell explained. The USO-style show showcases the many talents of the Sea Gal squad’s Show Group. The show features singing and dancing acts that include crowd participation for the many themes ranging from modern NFL style, hip hop, Broadway, country, patriotic and much more.” (File photo)

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

CATHOLIC SERVICES, 11 a.m., Catholic Mass, Southern Lights Chapel, Building 4107. Call 353-9825.

5 STAND SHOOT, noon, Fischer Skeet Range, Building 1172. Call 353-7869.

Monday-16th

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

SCHOOL AGE CENTER WEEKLY SUMMER CAMP and FIELD TRIPS, School Age Center, Building 4166. Call 361-7394.

YOUTH SEVICES SUMMER CAMP THIS WEEK: BAKE ’N TAKE, Mon-Fri 9 a.m. to 3:30 p.m., Youth Center, Building 4109. Call 361-5437.

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372

FLY FISHING CLINIC, 5 to 9 p.m., Outdoor Recreation Center, Bldg 4050. Call 361-6349.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Tuesday-17th

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

GROUP CYCLING CLASS, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

GOSPEL SERVICES BIBLE STUDY, 6:30 p.m., Bassett Army Community Hospital, Medical Library, Building 4076. For more information email ac2.claxton@us.army.mil.

Wednesday-18th

GROUP CYCLING CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

BOOT CAMP, 5 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

NATIONAL ICE CREAM APPRECIATION DAY, 5:30 p.m., Last Frontier Community Activity Center, Building 1044. Call 353-7755.

Thursday-19th

GROUP CYCLING CLASS, 6:30 a.m., Physical Fitness Center, Building 3709. Call 353-7223.

ROMP AND STOMP PLAYGROUP: GREAT OUTDOORS, 9:30 to 11 a.m., Last Frontier Community Activity Center, Building 1044. Call 353-7372

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Building 3709. Call 353-7223.

MEET THE SEATTLE SEA GALS, 6 to 8 p.m., NFL cheerleaders visit Nugget Lanes Bowling Center, Building 3702. Call 353-6043.

GROUP CYCLING CLASS, 4 p.m., Physical Fitness Center, Building 3709. Call 353-7223.

EVENING BOAT RIDES, 5:30 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

Friday-20th

PINNELL MOUNTAIN TRAIL, 8 a.m., Outdoor Recreation Center, Building 4050. Cost is \$75 for three-day backpacking trip. Call 361-6349.

GRANDE FINALE STORY HOUR and CRAFTS, 2 to 5 p.m., Post Library, Building 3700. Call 353-4137.

EVENING BOAT RIDES, 5:30 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Saturday-21st

HOMEMADE BABY FOOD CLASS, 10 a.m. to noon, CDC II, Building 4176. Call 353-7713.

BOATER SAFETY CLASS, 1 p.m., Outdoor Recreation Center, Building 4050. Call 361-6349.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Building 3709. Cost is \$7. Call 353-7294.

PARENT’S DAY OUT, 9 a.m. to 1 p.m., CDC II, Building 4024. Register by July 13. Cost is \$16 per child. Call 353-7713.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Building 3702. Call 353-2654.

Sunday-22nd

GOSPEL SERVICES, 9:45 a.m. Gospel Sunday school; 11 a.m. Gospel Worship service, Bassett Army Community Hospital, third floor conference room, Building 4076. Call 353-9825.

PROTESTANT SERVICES, 10 a.m., Sunday school, 11 a.m., Sunday Protestant worship, Northern Lights Chapel, Building 3430. Call 353-9825.

The library will host an Edible Book Contest July 20. The competition is part of the grand finale for the summer reading program, Reading is so Delicious. Adults and children are welcome to enter. Please call 353-4137 or fill out an entry form by July 13 to let the staff know you plan to participate. Winners will secure bragging rights and may inspire children to read more books. The grand finale for the summer reading program will be from 2 to 5 p.m. Child Youth and School Services will be there to provide sports activities and Zumba. There will also be library relay races, an edible book contest and watermelon seed spitting contest. Special guests will announce the top reader awards.

11367340
YUKON-KOYUKUK
SCHOOL DIST
AK POST/AK POST
2 x 4.0

18398686
ESTHER BARBER
& STYLES
AK POST/COME
SEE ME
1 x 2.0

**SOLDIERS
AGAINST
DRUNK
DRIVING**
353-6610
*Have a Plan,
Call Someone.*

13398903
FAIRBANKS SHOE REPAIR
AK POST/AP/SEW, PATC
2 x 2.0

11396424
BABULA, DR.
AK POST/AK POST
2 x 3.0

CITIZENSHIP AND NATURALIZATION

U.S. Citizenship and Immigration Services will host an information session for those interested in becoming U.S. citizens July 19 from 5:30 to 6:30 p.m. at the University of Alaska Fairbanks Alumni Lodge, 201 Constitution Hall, UAF campus. For more information email Clauresa Davis at clauresa.davis@dhs.gov or call Army Community Service relocation program, 353-7908.

CAREER OPPORTUNITY

The Warrant Officer Recruiter Team will share information with enlisted Soldiers July 26 at 10 a.m. in the Education Center, Building 2107 Montgomery Road, Room 105. For more information, visit the website, www.usarec.army.mil/hq/warrant/.

OFFICIAL INFORMATION

The garrison's official Facebook page for installation news such as road closures and reporting status is www.facebook.com/FortWainwrightPAO. The unofficial page will no longer be updated. Like us on Facebook.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

SAFE SOCIAL NETWORKING

Only post what you are comfortable with the whole world seeing. Most people don't realize that posts on a social-networking site are posts to the entire world. The intimacy of the medium creates a false sense of privacy when, if anything, the Internet is even more open than most public communication. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

CAFE ON THE LINKS

DW Grill and Catering operates the café at Chena Bend Golf Course. The café is open 7 days a week. Their hours are 7 a.m. to 9 p.m. Friday through Tuesday and 7 a.m. to 7 p.m. Wednesday and Thursday. Offering breakfast, burgers, baskets, hot and cold sandwiches and more, the menu is available online at www.dwgrill.com. For more information or to place an order, call 353-6147.

VOTING ASSISTANCE

The Voting Assistance Program is available if anyone has questions or needs assistance with voter registration in any state including Alaska. Check out the installation's voting agency webpage for information, www.wainwright.army.mil/armyVote/default.asp. For the Fort Wainwright Voting Assistance officer, call 353-7624.

SOLDIERS AGAINST DRUNK DRIVING

Have a Plan, Call Someone. 353-6610

ROAD CONSTRUCTION

Road work and detours will continue on Gaffney Road through early August. The work involves reconstructing the mainline pavement along Gaffney between 602nd and Old Meridian intersections. The Alaska Railroad will also be improving their Gaffney track crossing during this project.

In Phase 1 of the project, contractors have changed traffic flow with four lanes being reduced to two lanes, one going each way on Gaffney between 602nd and River Road intersections. Access to and from 602nd, 9th, 10th, River, Meridian and Old Meridian will be maintained during work, but there will be no access between Tamarack-east and Gaffney during this time. Phase 1 is expected to continue through Sunday. Phase 2 is reconstruction of the usual eastbound lanes of Gaffney between 602nd and River Road intersections. The traffic will be two-way, single lane in the lanes already reconstructed. For more information, call 353-6701.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

SPONSORSHIP TRAINING

First impressions are so important and often affect a Soldier's whole outlook on their assignment. Be part of the solution, become a sponsor and help another Soldier or military Family with relocating to Alaska. Classes are offered through unit requests. For more information call 353-4227 or 353-7908.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active-duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not

apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

CIVILIAN CLEARING

All employees terminating employment with the Department of the Army must clear post. Clearing or out-processing is required to ensure final pay is correct. For more information on clearing, contact the Civilian Personnel Advisory Center at 353-7208.

ARMY DISASTER PERSONNEL ACCOUNTABILITY AND ASSESSMENT SYSTEM

The Army Disaster Personnel Accountability and Assessment System is the Army's personnel accountability tool used in the event of a natural or man-made disaster. This web-based system is found at <https://adpaas.army.mil/> to account for active duty, Army Reserve, Army National Guard, Department of Defense civilians, NAF employees, overseas DoD contractors (to include Hawaii and Alaska) and Family members.

AUTO RESCUE OR SELF-HELP

Whether locked out or the vehicle needs towing, the Automotive Skills Center is at your service 24-hours a day. For towing and lock-out service, call 590-1716.

Active duty weight-control classes are offered at 8 a.m., the first Wednesday of every month at the Bassett Army Community Hospital, third floor conference room. For more information call 361-5146.

WEIGH TO STAY

A weight management program, VA Move, is offered the first Thursday of every month with the Veterans Administration Clinic. There are no restrictions to who can participate in the VA Move class and a referral is not necessary to attend class. If you receive VA medical care, you are eligible. Call 361-6370 ext. 1 for more information or go online at www.move.va.gov.

WHAT'S HAPPENING

Receive email updates with the Alaska Post news link and information about special events on- and off-post, subscribe to updates by sending an email to Public Affairs at pao.fwa@us.army.mil. Use the subject line: Add me.

Army to open six jobs, combat battalion staff positions to women

Gary Sheftick,
Army News Service

WASHINGTON (Army News Service, Feb. 9, 2012) — The Army announced its intent today to open six occupational specialties and more than 13,000 positions to women.

These six military occupational specialties, or MOSs, were previously closed to women because they were normally co-located with direct combat units:

- 13M Multiple Launch Rocket System crewmember
- 13P MLRS Operations/Fire Detection Specialist
- 13R Field Artillery Firefinder Radar Operator Specialist
- 91A M1 Abrams Tank System Maintainer
- 91M Bradley Fighting Vehicle System Maintainer
- 91P Artillery Mechanic

DOD officials said at a Pentagon press conference Thursday afternoon that they have notified Congress of their intent to open these MOSs to women, and the change will become effective after 30 days of continuous Congressional session, as required by law. This is expected to occur later in the spring, said Maj. Gen. Gary Patton, principal director for DOD Military Personnel Policy.

In addition, officials announced that another 1,186 posi-

tions at battalion level would be opened to women in the Army, Marine Corps and Navy. These are in specialties already filled by women, but only at the brigade or higher level.

The 1994 DOD policy known as the Direct Ground Combat Definition and Assignment Rule had prohibited women from serving in combat units below the brigade level. But the secretary of Defense has now granted an exception to policy to allow women to serve in some positions in combat units at the battalion level.

The six specialties previously barred to women were due to the "co-location" element of the 1994 policy. That provision has restricted women from serving in MOSs that by doctrine are located with combat units.

DOD intends to eliminate the "co-location" provision due to the non-linear and fluid nature of today's battlefield where there often is no front line, said Deputy Under Secretary of Defense for Military Personnel Policy Virginia "Vee" Penrod.

"The battle space we have experienced in Afghanistan and Iraq require our forces to be distributed across the country," Penrod said. "There is no rear area that exists in this battle space. Continuing to restrict positions

as solely on being co-located with direct combat units has become irrelevant."

Patton said it may take some time to recruit and train women in the six specialties where they haven't served before. Training them as tank mechanics, for instance, will take longer than placing them at battalion level in MOSs they already know, he said.

Women will be placed in the new positions as men are scheduled to rotate out, Patton said. A normal rotation schedule will be followed and men will not leave the positions earlier than expected, he said.

About 280,000 positions across the services remain closed to women due to the combat exclusion policy.

After six months, DOD will assess the feedback from women serving in the new positions and use the information to take another look at the suitability and relevance of the direct ground combat unit assignment prohibition, Penrod said.

"This is the beginning of the end" of the combat exclusion policy, she added.

"We recognize the expanded role of women in the military," Patton said. "I've seen women in combat perform in an expanded role. I'm very proud of them."

17399441
MONROE FOUNDATION
AK POST/FAITH AK P
2 x 2.25

13398959
ALASKA TRANSPORTA-
TION GARAGE
AK POST/AK POST-JULY
2 x 3.0

11398592
LOOSE MOOSE CAFE
AK POST/BUCKS
2 x 3.0

U.S. Army Alaska, Army Ten-Miler Teams



Congratulations to the Soldiers from Fort Wainwright and Joint Base Elmendorf-Richardson selected to represent U.S. Army Alaska during the annual Army 10-Miler, Oct. 21 in Washington D.C. Men’s Team: Ivaylo Benov, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division with a time of 56:43 (out front during the May Army 10-Miler qualifying run at Fort Wainwright in May 2012); Aaron Demro, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division with a time of 57:37; Sterling Yazzie, 1st Battalion, 24th Infantry Regiment, 1-25th SBCT with a time of 59:49; Robert Bender, 1st Battalion, 52nd Aviation Regiment, 16th Combat Aviation Brigade (Alaska) with a time of 1:04:09; David Vasquez, 73rd Engineer Company, 1-25th SBCT with a time of 1:05:38; Adan Gandaria (Alternate), 1-52nd,16th CAB (Alaska) with a time of 1:07:54 and Brian Landis (Alternate), 545th Military Police Company with a time of 1:08:17. Mixed Team: Jordan Thomas, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division with a time of 1:05:41; Ryan Mergan, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT with a time of 1:06:52; Josias Harboe, 1st Squadron (Airborne), 40th Cavalry Regiment, 4-25th BCT with a time of 1:07:29; Vanessa Cardenas, 5-1st, 1-25th SBCT with a time of 1:13:37; Bridgette Wilson, 4th Quartermaster Detachment, 17th Combat Sustainment Support Battalion with a time of 1:18:11; Paul Wayfield (Alternate), Equal Employment Opportunity Office, U.S. Army Alaska with a time of 1:08:25 and Robin Kunz (Alternate), Headquarters and Headquarters Company, 1-25th SBCT with a time of 1:19:51. (File photo by Brian Schlumbohm/Fort Wainwright PAO)

Warriors and their princesses make memories during a magical night

Allen Shaw, Fort Wainwright PAO

No dragon, beast, ogre nor troll would have set foot within the realm of Fairbanks Saturday as more than 500 princesses and gallant warriors descended on the castle known as Carlson to enjoy an evening of elegance, chivalry, good food and frivolity.

The Armed Services YMCA of Alaska, hosted the 6th annual Father-Daughter Ball at the Carlson Center. It was a special gala event that gave some very delighted little ladies an opportunity to dress in elegant satin, silk and chiffon and even don a glittery tiara as they displayed red-carpet style. Their dates for the evening, the heroes they call Daddy, were quite dapper themselves, in their finest military regalia.

Rachel Oldfield, program coordinator for ASYMCA, said the occasion was all about fathers and daughters spending precious time together and strengthening their bond. The event was open to all active duty and retired military, reservists, National Guard members and Department of Defense employees. In the spirit of the theme, “A Knight to Remember,” all enjoyed the fun dancing, dipping into the chocolate fondue fountain and posing for portraits. As music played and lights sparkled, it was a storybook opportunity for these warriors and their princesses to celebrate a special connection that can only be shared between a father and daughter.

“This year’s event was especially important after the homecoming of so many deployed Soldiers from both Fort Wainwright and Eielson (Air Force Base) in the past year,” Oldfield said, “I found the excitement of the fathers to get up and dance special. The dads were as enthusiastic as the girls with every song the DJ played.”

The magical night was well-attended and enjoyed by all. It was a chance for many Soldiers from the 1st Stryker Brigade Combat Team, 25th Infantry Division to reconnect with the ones they cherish and adore, but often have to leave behind when duty calls. “It was an experience that seemed to put a smile on everyone’s face,” Oldfield said.



Olivia Bronwyn Hall, 2, (left), holds court with Spc. Elizabeth Riehm, Fort Wainwright Better Opportunities for Single Soldiers president, and her sister, Aubry Ruth Hall, 4, during the Father-Daughter Ball, Saturday. The siblings, or princesses, were escorted by their knight in shining armor, Capt. Timothy Hall, (not pictured) commander U.S. Army Garrison, Headquarters and Headquarters Company. Festivities were hosted by the Armed Services YMCA. (Photo by Cynda Cherish/ASYMCA)



“A Knight to Remember” was the theme for the 6th annual Father-daughter ball hosted by the Armed Services YMCA of Alaska at the Carlson Center, June 7. Service members and daughters enjoyed an evening of food, entertainment and lots of dancing. (Photo by Cynda Cherish/ASYMCA)

50399359
ALASKA FUN CENTER
SALES
AK POST/7-8 STV PICK
2 x 5.0
RED